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SPORTS

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Sunday, April 26, 1992

Transfer learns workouts are hard at Canyon

Compiled by The Signal sports staff

SCV notes

Anyone who walks into the Canyon High football program for the first time will receive a unique experience, especially when it comes to conditioning and weight training.

For Sean McDermott, that initiation process occurred last week. The former Burroughs-Burbank running back who enrolled at Canyon last Monday found out just how hard the Cowboys work.

"The second day, I think he set the Canyon Cowboy record for Gumbies," Canyon coach Harry Welch said. "Brian Stiman, one of my assistants, coined the phrase after the Pokey and Gumby cartoon. It's one of those things when after lifting you're muscles go beyond the jelly stage and just drop. You've seen those toy Gumbies where you can twitch the legs every which way.

"In his effort to stay up with the better kids, he tried to exert himself . . . and he had quite a few Gumbies."

But Welch said if McDermott works hard and stays with the program, he may play a major role with next season's team. The 5-10, 160-pounder, after all, is the defending Foothill League 100-meter dash champion and, before breaking his clavicle in the second game last year, showed tremendous potential.

"I think you may see the Cowboys use a lot of split backs," said Welch, who will also have junior tailback Ed Williams, an All-Santa Clarita Valley selection, returning.

Welch did not rule him out as a possible receiver, either.

"We used Andy Cleland a lot out of the backfield last year and if he has the same hand-eye coordination that Andy had, then I think that's a viable possibility."

As far as adjusting to the new system, Welch added that McDermott appears to be making good progress.

"I think he's earned a great deal of respect in just the three days he's been with the program," Welch said.

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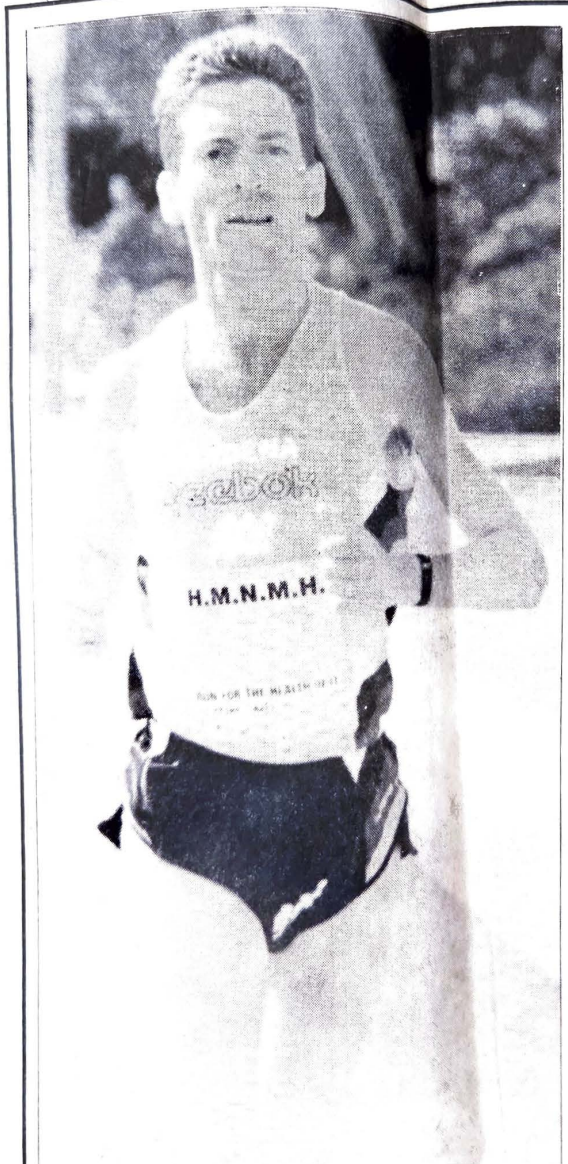
Where will it be? — Saugus' week 10 game with Paramount has yet to be finalized, because



Olympic-caliber athletes win 5K

Ebiner, Arreola capture crowns

By JEFF GILKEY
Signal staff writer

VALENCIA — It took nearly Olympian talents to win Saturday's Henry Mayo Newhall Memorial Hospital's Eighth Annual Run for the Health of It.

Two weeks after running in the U.S. Olympic marathon Trials, Matt Ebiner cruised through the 5 kilometer run in 15:08 to win the overall title. Darcy Arreola, who has already qualified for the Olympic Trials in the 1,500, finished ninth overall to win the women's division in 16:42.

The field included nearly 600 runners ranging in age from 4 to 84, and about as many walkers, and raised nearly $25,000 for the HMNMH Foundation.

Neither overall winner is from this area, but Arreola is becoming known among Santa Clarita Valley runners because she enjoys racing here. Ebiner, however, was a late, surprise entry.

Just 14 days after finishing 19th in the Olympic marathon Trials in 2:21:13, Ebiner was on the roads of Valencia.

"I've taken it pretty easy the last two weeks because of the marathon," Ebiner said. "Since the marathon, I took a mental break. I missed three days the last two weeks because of the marathon. That was a real emotionally draining experience."

Ebiner started in the back of the pack in the marathon trials and was in about 90-95th out of 106 after three miles, but he moved up con-

little bit of motivation."

The flat course was not quite as challenging as Ebiner usually likes. He has won the Mt. Baldy race six times. That race goes eight miles straight up, climbing from around 4,000 feet of elevation to near 10,000 feet, with no descent.

"I like trail races most," he said. "I haven't run a track race in two years. I made the provisional qualifying time for the 10K (for the Olympic Trials), but then I made the marathon."

Although the $100 prize money for winning the race was a nice incentive, it was not the main reason Ebiner competed in this race.

"I wanted to win, but I'm not in need of the money from these races," he said. "So a lot of times I (want to) run a good paced race. I'm trying to gain something. I feel good about the

5K Magic Run suffers delay

VALENCIA — The 5K Magic Run, which was scheduled to take participants on a tour through the midways of Six Flags Magic Mountain Park on Sunday, has been postponed.

The organizers ran into timing problems between the groups putting the event on, and have decided to postpone the event until later in the summer. Organizers are looking at September as a possibility. The inaugural race was run in September last year.

Further information can be obtained by calling 255-6470 or (818) 362-8081.

Hornaday posts wire-to-wire Saugus feature win

Palmdale man claims Southwest Tour race

By LEE BARNATHAN
Signal staff writer

SAUGUS — Ron Hornaday of Palmdale clearly was the favorite among the season-high crowd of 6,443 at Saugus Speedway.

He had the "Ron Hornaday Fan Club" at the races Saturday night, and the faithful was rewarded when he won the Miller Genuine Draft 100, the NASCAR Southwest Tour's featured event, which rolled through Saugus for the first time this season.

Hornaday started at the outside of row one and immediately took the lead from pole-sitter Brett Bell. He led a train of cars throughout the race, but he never let go in capturing the $3,000 prize and moving up in the point standings.

With the win, Hornaday, who came in third in the standings, closed in on points leader Rick Carelli of Denver, who had won the last three Southwest mains.

Carelli, who started 14th but moved up to ninth by the halfway point and was seventh in the later laps, got some help on lap 82 that might have helped him keep his points lead.

Newhall resident Bob Lyon, one of the train of cars Hornaday was leading, crashed into the wall on the back straightaway and took Doug George with him. That allowed Carelli to move up to fifth, where he finished. Bell earned second.

In the Pro-Stock oval main, it was no wonder Terry Custer was so excited after winning.

It was his first victory since he won a Hobby Stock Main in 1988, so it was understandable that the 26-year-old from Northridge was the picture of jubilation after the race.

Custer won with some fancy driving on lap 21.

Going into turn three, Custer challenged leader Rick Crow of Canyon Country by pushing his way inside and forcing Crow away. Crow was unable to control his car on the bumps, so he let Custer pass, and Custer cruised to the win over the last four laps.

"I saw him coming and I figured I'd let him go," he said. "No sense in messing with someone else's night. I'm happy with a good second."

Gerrit Cromsigt, Crow's teammate and fourth in the point standings coming in, finished third and points leader Scott Dinger was fourth.

Results from the Figure-8 Main were unavailable at press time.

John Kirby captured the oval B Main, allowing him to move up to the A Main. He was joined by Kevin Persey, Hernandez and

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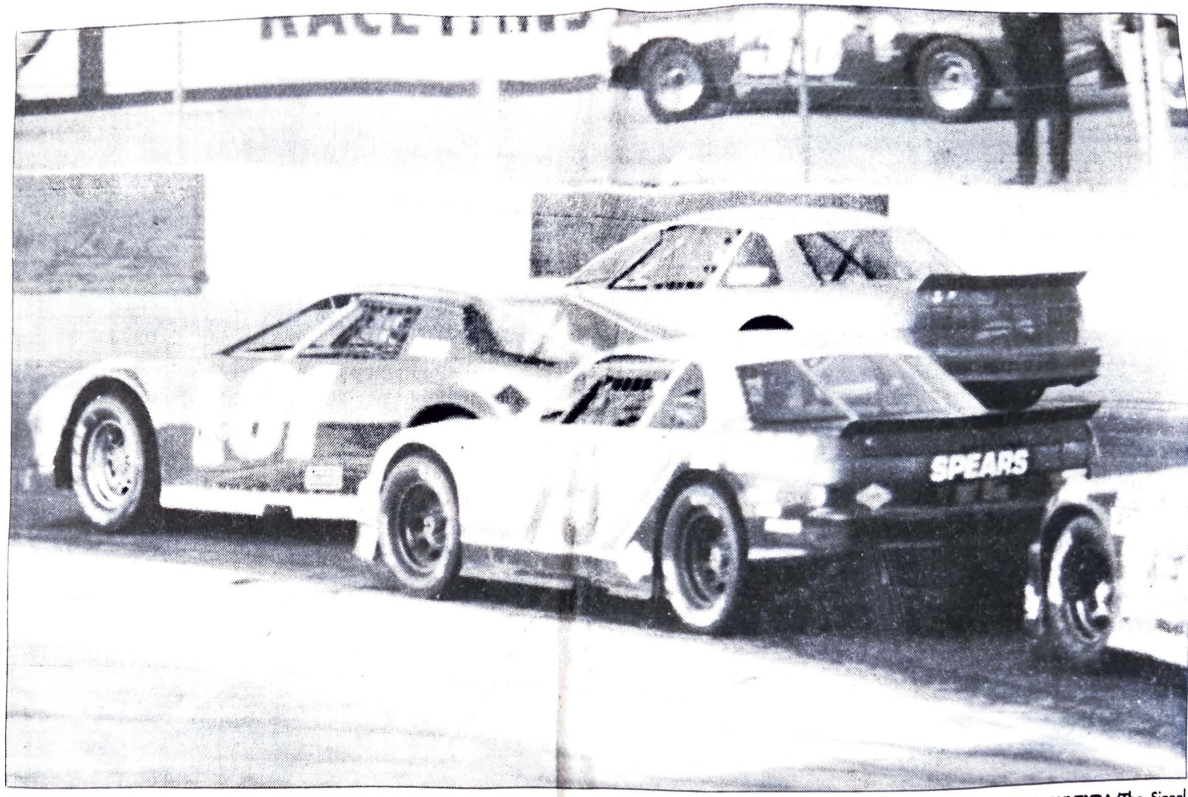

RICH SHVEYDA/The Signal

Keith Spangler (81) of Northridge leads the pack en route to victory in the trophy dash for Southwest Tour cars Saturday at Saugus Speedway. Trailing him is Bill Sedgwick (75), who took second.

Happy Duckworth helps Blazers romp past Lakers again

PORTLAND, Ore. (AP) — For most of this NBA season, Kevin Duckworth felt unappreciated and unhappy.

All that insecurity evaporated with a 19-point, nine-rebound playoff

our team very good."

Duckworth, whose team can sweep the best-of-5 series with a victory Wednesday on the Lakers' homecourt, said the

fewest ever allowed by the Blazers in a playoff game.

"We wanted to put the pressure on them the full 48 minutes," Adelman said. "We knew that they would come strong, but somewhere along the line we thought they w

RICH SHVEYDA/The Signal

Keith Spangler (left) holds on for victory in the trophy dash for Southwest Tour cars Saturday at Saugus Speedway, but blows an engine in doing so.

Racing

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Jeff Harris.

Ken Day won the C Main, so he, Jeff Holmes and Richard Sloan advanced to the B Main. But they went no further.

Tim Huddeston captured the Figure-8 B main, which put him into the main event, Don Rogers, Gus Hernandez and Neil Conrad advanced with him.

Crow won a Pro-Stock fast heat race, but only because Doc Werdon was penalized a lap for rough driving. Scott Dinger also won a Pro-Stock heat race, while Phil Greene, Greg Scheideker and Doug George won Southwest fast heats. Dinger also won the Figure-8 fast heat but almost collided with David Willman at the intersection.

None of the top 10 in the current Southwest Tour point standings were in the four-lap trophy dash (Newhall's Bob Lyon was the closest at 11), but that did not stop Keith Spangler from winning, although he broke a motor turning for home on the final lap. His crew fixed it and he raced in the main event.

Steve Reynolds won a Pro-Stock trophy dash, with Rip Michels second and Brian Kelley third. Kelley returned in the Figure-8 trophy dash and took the checkered flag well ahead of Richard Iannolo.

Huddleston won the Pro-Stock Figure 8 slow heat, while John Minor and Wallman won Pro-Stock slow heat oval races.

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but he said Paramount already has five home games, so seeking a sixth would seem "kind of greedy."

Should the two schools fail to make the deal, Parker said CIF-City commissioner Hal Harkness has told him the City Section has releagued, so there are schools who will be looking for a game that late in the season.

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Odd relationship — Being a coach's son can sometimes present an odd situation.